

# Good Health

Good Health it's a lifestyle

March 2011

March 2011 \$6.95 INC GST

## SHOULD YOU DETOX?

... and other curly health questions

Secrets of naturally slim, sexy, happy women

WE ANALYSE YOUR DREAMS

## A FLATTER STOMACH

(without a single exercise!)

Natural must-haves for *Radiant skin, glossy hair*

Trend: ARE WE TOO QUICK TO MEDICATE OUR KIDS?

*Kristy Hinze*

"Staying healthy gives me self-confidence"

YES, YOU CAN!

Recover from a marriage breakdown

Bonus 10-PAGE STRONG BONES healthbook

How to STAND UP FOR YOURSELF

## Diet overhaul

10 NEW WAYS TO LOSE WEIGHT

Plus Learn portion control



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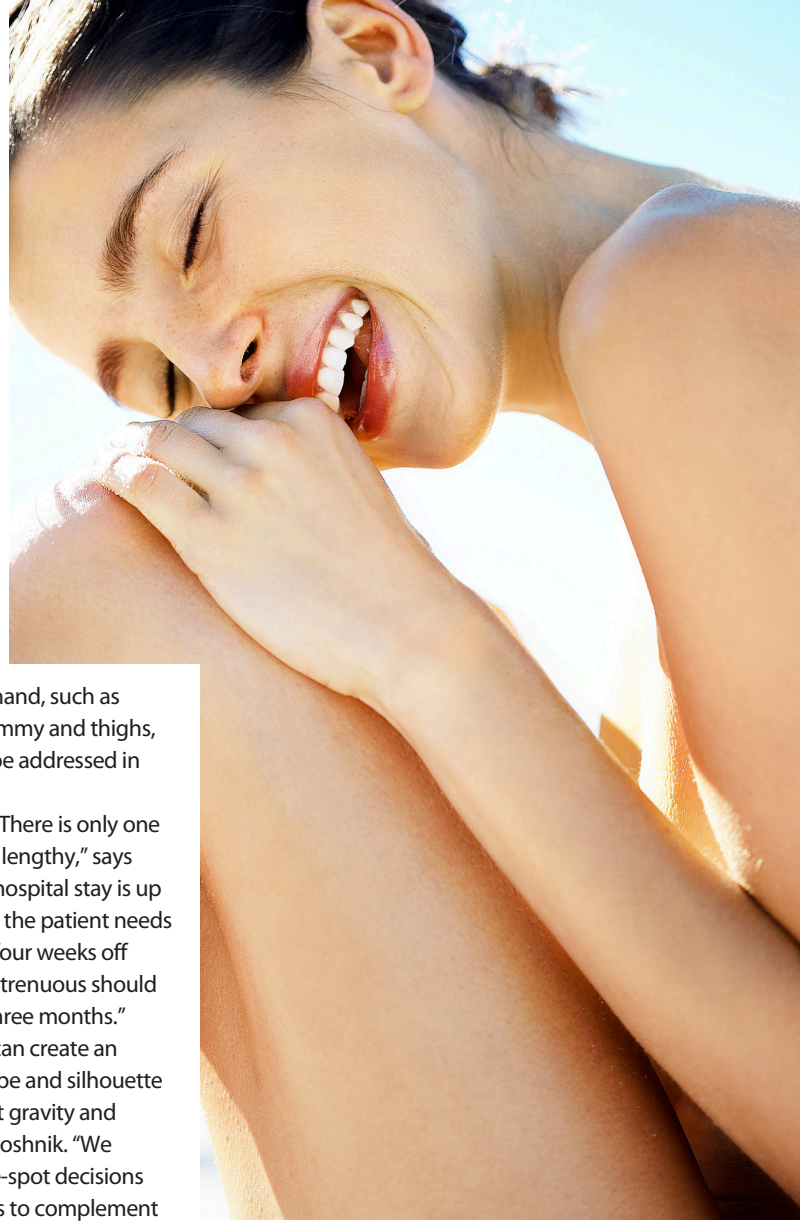
Love magazines

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## ALL ABOUT:

# the COMPLETE BODY LIFT

ELIMINATE THE SIGNS OF GRAVITY AND AGEING AND CREATE A WHOLE NEW SHAPE IN ONE PROCEDURE



**1** **What is it?** This procedure combines between two and four surgical procedures to correct the effects of ageing and gravity on the body in one surgical operation.

**Who is it for?** "It's perfect for anyone experiencing a lax tummy, sagging breasts, loose thighs and arms, stretchmarks, Caesarean scars, and uneven fat distribution," explains Dr Michael Miroshnik. "It's also ideal for anyone who has lost a great deal of weight and is left with a lot of excess skin. The other group of people are those who may have a few areas of their body they are unhappy with, but can't afford the time off involved with having two to three separate surgeries."

**What's involved?** "As anaesthesia has become safer and more predictable, it can often be administered for longer periods to people who are fit and well," explains Miroshnik. "Because of this we can combine several surgeries in one. Common areas

that go hand in hand, such as breasts, arms, tummy and thighs, can sometimes be addressed in one surgery."

**Downtime:** "There is only one recovery but it is lengthy," says Miroshnik. "The hospital stay is up to one week and the patient needs at least three to four weeks off work. Anything strenuous should be avoided for three months."

**Results:** "We can create an entirely new shape and silhouette and work against gravity and ageing," says Miroshnik. "We can make on-the-spot decisions and marry results to complement each body part perfectly."

**Cost:** It depends on individual needs. "For a full day of surgery, it ranges from \$15,000 to \$40,000. Some procedures are subsidised by private health insurance, which can lower cost," notes Miroshnik.

**At home:** Maintain results with diet, exercise and firming anti-ageing body creams.

**Try:** 1. Clarins Bust Beauty Firming Lotion, \$68. 2. Garnier BodyTonic body lotion, \$6.95. 3. Estée Lauder Firming Body Crème, \$72. 4. Nivea Body Contouring Cream Q10 Plus, \$9.92.

*Need it now*  
**Jan Marini Age Intervention Dark Circle Eye Defense**, \$120, combines six potent anti-ageing ingredients, including the botanical chrysin, which stimulates enzymes that assist in the breakdown of blood.



## YOUR AGEING Dilemmas IRONED OUT



### I WANT: A FLAWLESS FACE WITH FIRING BENEFITS

**TRY NEUTROGENA AGELESS INTENSIVES DEEP WRINKLE RANGE.** The four-product skincare collection is formulated around stabilised Retinol SA, hyaluronic acid and antioxidant multivitamins, and addresses lines, wrinkles and loss of skin tone and texture. Priced at \$29.99 each.

### I WANT: EFFECTIVE PIGMENTATION SOLUTIONS

Try the new **FRAXEL RE:STORE DUAL LASER**, from approximately \$1000 per treatment. The two-headed laser combines thulium laser (to treat pigmentation) and erbium laser (for synthesis of collagen and elastin). Between one and five treatments are required for best results, depending on the extent of the problem, with a downtime of a few days for each treatment. For further information call (02) 9999 1081.